

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	5:45AM-6:30AM SPINNING JESSICA		5:45AM-6:30AM SPINNING MARCIA			
6:00PM-7:00PM SPINNING MARCIA	6:00PM-6:30PM ARM-BELIEVABLE LUCINDA	6:00PM-7:00PM SPINNING MARCIA	6:00PM-6:30PM OMGlutes! LUCINDA	6:00PM-7:00PM TABATA KRISTIN	9:00AM-10:00AM YOGA LISA	9:00AM-10:00AM SPINNING RICARDO
6:00PM-6:30PM SWIFT KICK KRISTIN S	6:30PM-7:00PM AWESOME ABS LUCINDA	6:00PM-6:30PM SWIFT KICK KRISTIN S	6:00PM-6:30PM EXPRESS SPINNING TEMP		9:00AM-10:00AM SPINNING MARCIA	10:00AM-11:00AM TOTAL BODY CONDITIONING RICARDO
6:30PM-7:00PM BODY SCULPT & ABS KRISTIN S	7:00PM-7:30PM RIPPED EVA	6:30PM-7:00PM BODY SCULPT & ABS KRISTIN S	6:30PM-7:00PM AWESOME ABS LUCINDA		10:00AM-11:00AM BOOT CAMP MARCIA	
7:00PM-8:00PM RUGGED BOOT CAMP MARCIA	7:30PM-8:00PM CORE ATTACK EVA	7:00PM-8:00PM CIRCUIT INSANITY MARCIA	7:00PM-8:00PM ZUMBA TEMP		11:00AM-12:00PM ZUMBA MARCIA	

TEMPORARY INSTRUCTOR

NEW CLASS/INSTRUCTOR

Class schedule may change without prior notice

Fit for Life Fitness Center Hours

Monday – Friday 5am -11pm
 Saturday 7am - 6pm
 Sunday 8am - 6pm
Childcare Hours
 Monday-Friday 5pm-8pm
 Saturday 9am-12pm